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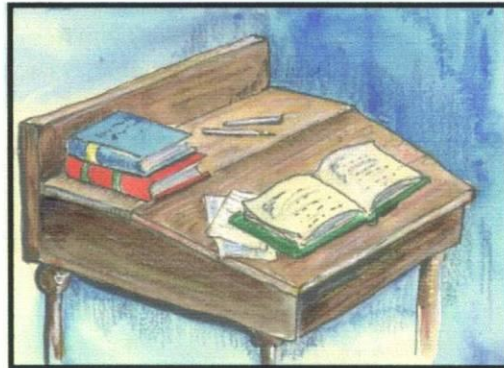


HEAL THE PAST, CHANGE THE PRESENT, CREATE THE FUTURE

VOLUME 1 • NUMBER 1

LEARNING STYLES

WHY TAP?



TURN AROUND PUBLISHING offers books, school assemblies, staff development and parent training programs that tap into our human potential.

How Important Are Learning Styles?

Our brain uses sensory input to interpret information. There are three primary paths - visual, auditory and kinesthetic - which we use to define our learning style. Most of us have a strong and unconscious preference for one of them. Knowing our dominant learning style can help us better understand our strengths and weaknesses. This immediately enhances self esteem.



By recognizing *how* we learn, we can increase our effectiveness. Our learning style influences the way we communicate. This knowledge provides us with an opportunity to become a proficient communicator.

Once we've determined our own learning style, we can practice communicating with a multi-sensory approach. Our ability to communicate with others who may not share our learning style will improve significantly. This can become an invaluable asset that can be applied to every area of our lives.

HAVE YOU IDENTIFIED YOUR STUDENTS STRENGTHS?

Visual learners do best when they refer to books with many illustrations on the subject. Use charts, or have them create graphs and pictures as they review. Use videotapes whenever possible.



Auditory learners do best when they read into a tape recorder and listen as they play the tape back. Have them read aloud, and discuss with others what they have read.

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... STRENGTHS?

Kinesthetic learners are very tactile. They do best when they handle and examine subject materials. Show them how to do it, and then have them practice doing it.

Visual learners are good at art. They enjoy making graphs and charts. They do well by reading the textbook. They remember by picturing it in their head. They use expressions like, "I can't picture what you're saying", or, "I see what you mean."

Auditory learners have good listening skills. They would rather talk than read, when given a choice. They often move their lips when reading, and can distinguish sounds apart from one another. They use expressions like, "You don't listen to me."

Kinesthetic learners are good at sign language. They like gripping an object in their hand during a learning period. The feel of the pen and the texture it writes with helps them experience the lesson. They say things like, "I feel for you," or, "I know how you feel."

All three learning styles are viable and effective. There are no "right" or "wrong" learning styles. Continue to improve your methods of learning and pay attention to how others learn. Challenge yourself to practice multi-faceted communication.

Assessing Your Learning Style

Circle yes or no. Go with your first instincts.

- | | | | |
|-----|---|-----|----|
| 1. | I study best when it is quiet. | YES | NO |
| 2. | I can block out noise when I work. | YES | NO |
| 3. | I like to study with friends and talk about our assignments. | YES | NO |
| 4. | Noise usually keeps me from concentrating. | YES | NO |
| 5. | Information I remember best is information I hear. | YES | NO |
| 6. | I like to make things with my hands. | YES | NO |
| 7. | If I have something new to learn, I like to learn about it by having it explained/told to me. | YES | NO |
| 8. | It's hard for me to sit in one place for a long time. | YES | NO |
| 9. | If I have something new to learn, I like to learn about it by seeing it demonstrated or in a video. | YES | NO |
| 10. | The things I remember best are the things I write about. | YES | NO |
| 11. | I like to listen to people talk. | YES | NO |
| 12. | I like to build things. | YES | NO |
| 13. | When I go to a museum, I like to read the instructional signs. | YES | NO |
| 14. | I'll often listen to the TV instead of watching it. | YES | NO |
| 15. | If I'm getting directions to a party, I like to write them out. | YES | NO |
| 16. | I often don't remember instructions people tell me. | YES | NO |
| 17. | I get bored when someone just talks about something. | YES | NO |
| 18. | I get restless in class during lectures. | YES | NO |
| 19. | I like to take notes when a teacher is giving instructions. | YES | NO |
| 20. | When I'm buying clothes, it is important for me to touch before deciding whether to try them on. | YES | NO |
| 21. | I would rather read a book than have someone read to me. | YES | NO |
| 22. | I remember how to do something if I can see it being done. | YES | NO |
| 23. | I remember how to do something if I can actually do it. | YES | NO |
| 24. | I write things down to remember them. | YES | NO |
| 25. | I like people to draw me a map when giving me directions. | YES | NO |
| 26. | I can usually remember what people wore to a party. | YES | NO |

Circle the numbers you answered YES.

If you answered YES to: 1,3,4,5,7,8,11,14...you are most probably an auditory learner.

If you answered YES to: 2,8,9,10,13,15,16,17,18,19,21,22,24,25,26... you are most likely a visual learner.

If you answered YES to: 6,8,10,12,15,16,17,18,19,20,23,24,25...you learn kinesthetically.

Special Thanks to Diane E. Cherry, M.Ed.



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